

Alternative Health Perspectives (1 Classes)



AGE: 18 years & up
FEE: \$7 Residents, \$10 Non-residents, per lecture.
LOCATION: Twin Pines Lodge #3
INSTRUCTOR: Dr. Youngerman, D.C., Dr. Abusaidi, D.C.

These introductory lectures, given by two practicing Doctors of Chiropractic, are designed to provide an alternative perspective to many of the common musculoskeletal conditions experienced today. We present a viewpoint that differs from conventional medical assessment and treatment of common conditions; also provides opportunity for you to bring your questions. More details available through Parks & Recreation office.

Thursdays, 7-8pm

Headaches -

Cause & Prevention - 2240.301 Sep. 12

Auto Accident Injuries-

Effects on your body - 2240.302 Sep. 19

Neck & Shoulder Pain-

Cause & Solutions - 2240.303 Sep. 26

Carpal Tunnel/Repetitive Stress Injury

Cause & Solutions - 2240.304 Oct. 3

Low Back Pain & Exercises

Origination & Prevention - 2240.305 Oct 10

Sciatica & Prevention

Causes & Heal w/out surgery - 2240.306 Oct 17

Foot Pain & Support

Stop pain, prevent return - 2240.307 Oct 24

Chiropractic & Physiotherapy-

How they enhance life - 2240.308 Oct 31

Cervical Disc Injuries & Prevention-

Keep pain free safely - 2240.309 Nov. 7

Gentle Chiropractic Methods-

Which is most effective - 2240.310 Nov. 14

Trigger Point Therapy-

Learn effective stress decreasing - 2240.311 Nov 21

Posture Care for Children to avoid Scoliosis

Preventive Movements - 2240.312 Dec. 5

Fun Part Time Jobs (1 Class)

AGE: 18-over
FEE: \$22 Residents, \$27 Non-residents
LOCATION: Twin Pines Cottage
INSTRUCTOR: Dan Tilles

How would you like to get paid to sample food, for your opinions, to dine out, to shop, to go bowling, to workout in a gym, to be in a movie or on T.V. and much more? No age limit, no education or experience required. We will tell you who hires, how to apply, what they pay and everything you need to know to make money having fun.

2283.301 Th 7:00-9:30pm Oct. 3

Home Buying: Smart, Savvy & Successful (3 Classes)

AGE: 18-over
FEE: \$50 Residents, \$60 Non-residents
LOCATION: San Carlos Senior Center, 601 Chestnut St.
OPTIONAL WORKBOOK: \$15
INSTRUCTOR: Raymond Stoklosa

Volatile market forces are at work, which demand a more savvy approach to home buying. Learn success strategies and tactics that give you a competitive advantage over other less informed buyers. Let us show you how to spend less time, save more, invest wisely and avoid the ever-present pitfalls that can *crash* your purchase. Capitalize on the expertise and insights presented, and use today's market forces in your favor. not the seller's. Use your power, the knowledge you'll gain here by learning insider secrets.

2289.301 T 7:00-9:00pm 9/17 - 10/1

Home Loans Don't Have To Be A Hassle (1 Class)

AGE: 18-over
FEE: \$19 Residents, \$23 Non-residents
LOCATION: Twin Pines Lodge #3
INSTRUCTOR: Rich Polonsky

A MUST FOR FIRST TIME HOME BUYERS! This course gives you the tools you need to understand the home loan process, a detailed evaluation of different financing options and loan products with respect to purchases and refinances, and insight into the industry's lingo and terminology so you can make the right choice with respect to the biggest financial decision you will probably ever make! Knowledge is power!

2277.301 Th 7:30-9:30pm Oct. 10

Calligraphy (7 Classes)

AGE: 18 years & up
FEE: \$45 Residents, \$54 Non-residents
LAB FEE: \$6 for pens, paper, pads, payable to the instructor at first class
LOCATION: San Carlos Senior Center
INSTRUCTOR: Joanne Muller

Calligraphy is the art of beautiful handwriting. We will learn the Roman Italic alphabet and start by learning how to hold the pen. We'll move to basic strokes, the learn the lowercase alphabet with two sets of Italic Capitals. Need gift tags or stationary for the holidays? This is where you'll learn to how to do paste up for invitations. (No class 10/31)

1161.301 Th 7:30 -9:30pm 9/26 - 11/14